



COUNTYWIDE FITNESS CHALLENGE 2012



Active for Life is back!

Active For LifeSM

January 23, 2012 – April 1, 2012

Active for Life is an online workplace physical activity program offered to you by the County of Los Angeles & the American Cancer Society.

Participate in teams of at least three and no more than 15!
Meet your team goals and win prizes! Team registration starts January 4, 2012.

More details coming soon!

Questions?

Contact your Departmental Wellness Manager





COUNTYWIDE FITNESS CHALLENGE 2012



Active For LifeSM

Active for Life is back!

January 23, 2012 – April 1, 2012

Active for Life is a 10-week online workplace physical activity program offered to you by the County of Los Angeles & the American Cancer Society.

It's easy to participate!

- Form your team of no less than three and no more than fifteen
 - Select your Team Captain
- Team Captain receives participation invite from Program Director & creates team

Join today so you can enjoy the benefits of living an active and healthy lifestyle!

For More Information or If You Have Questions:

Contact your Departmental Wellness Manager or visit <http://dhr.lacounty.info>

